

## Congratulations Grads



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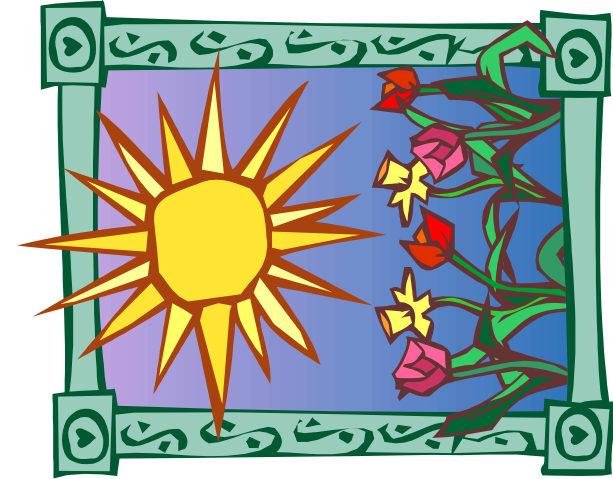
## Official Recognition

By Dr. Kim Fischer

The National Strength and Conditioning Association has officially recognized Otterbein's Dept. of HSS, HPF major for the strength and conditioning component of the major. With this recognition the HPF major will now be recognized nationally as a leader in preparing students for professional credentialing. Congratulations



Strength & Conditioning Program



Health and Sport  
Sciences  
Departmental  
Developments  
Spring 2010

## Health Promotion & Fitness



### Spring Training

Now that winter is behind us and the sun is shining once again, it's time to dust off your tennis shoes, hop off the treadmill, and get outside! Spring is a great time to start increasing your physical activity and shape up for summer. Make sure you start out at a pace that is right for you, but challenge yourself by increasing activity and/or workload by 10% per week. Take the opportunity to find new ways to be active such as:

Take a Walk or Jog outside

Aim for at least 5-6 miles per week

Challenge yourself by increasing distance

Hiking

Get friends together for some outdoor sports

Volleyball

Tennis

Basketball

Frisbee

Kickball

Ride your Bike instead of Driving or just for Fun!

Go Swimming

Rollerblade

In addition to being outside more, start setting goals to be more active and make physical activity a priority. Try a new activity such as running, or testing your athletic skills at a sport you've always wanted to try. You will benefit your health now by reducing stress levels, increasing cardiovascular fitness, and toning your body. Also, your body will benefit by seeing reduced blood pressure and an increase in lean body mass over time, as well as preventing disease in the future.

Most importantly this spring and summer, HAVE FUN! Your health will improve the most when you enjoy what you are doing. So whatever hobby or activity you enjoy the most, get out and DO IT! As Health Promotion and Fitness Leaders, we are liaisons for health to our nation! Set the standard for health and fitness and get others to join in with you! Make this warm-weather season the most active and memorable one yet!



## Otter fit

By Dr. Kim Fischer (from OtterFit News)

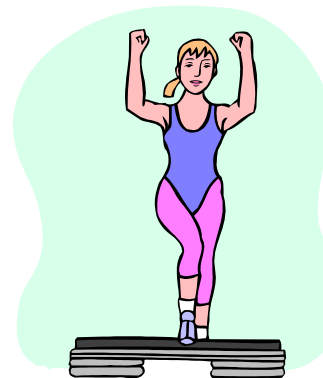


Amanda Rammelsberg, Otterbein adjunct instructor in the Health and Sport Sciences Department and Intramural Supervisor of Fitness Activities, teaches Beginning and Advanced Step Circuit, Stability Ball with Pilates, and Beginning and Advanced Cardio-kickboxing classes in the Health and Physical Education Series. Amanda is an AFAA Certified Kickboxing Instructor, and a Cooper Institute certified Biomechanics

Resistance Trainer and certified Physical Fitness Specialist.

In addition, Amanda has been instrumental in developing a group exercise practicum class that teaches interested students how to lead fitness classes. Because of her efforts, students are leading the 12 intramural group exercise classes offered on a weekly basis this quarter. Many of these group exercise student instructors have become certified through professional organizations.

The intramural classes are offered to all students, faculty, and staff members at no charge. Participants do not even need to register before coming to class! The weekly class schedule is posted on Ozone (under the Campus Life tab) if you would like to attend.



### [Check out our OtterFit Blog](http://oclamp.otterbein.edu/otterfit/)

Access by cutting and pasting the link below into your web browser :

<http://oclamp.otterbein.edu/otterfit/>

or go to [www.otterbein.edu](http://www.otterbein.edu) and under

Google custom search (at the top of the page) type in OtterFit.

## Sport Management

Reported by Oliver Thwaite

It is spring time; the birds are chirping, the temperature is rising and everyone is getting ready for the summer! The Sport Management Department is not slowing down as there are many students still actively involved in the department as well as in the Sport Management Club. During the most recent meeting we discussed our newest professional development event. Members of the club that can attend are volunteering for the Big Ten Baseball Tournament, May 26<sup>th</sup> through the 29<sup>th</sup>. Obviously this is an annual event that draws large crowds and gathers professionals in the field so it will greatly benefit our volunteer members both personally and professionally. We also talked about the direction of the Sport Management Club next year. Currently I am the President, but since I will not be here next year (we have yearly elections) we need more people to get involved in the club and if you would like to, run for office! The Sport Management Club is a great club that is three-pronged. We focus on social, service, and professional development. If you would like more information on the club feel free to email me at: [Oliver.Thwaite@Otterbein.edu](mailto:Oliver.Thwaite@Otterbein.edu) or Vice President Kyle Marler at: [Kyle.Marler@Otterbein.edu](mailto:Kyle.Marler@Otterbein.edu).

On another note, next year I will be reporting from two different locations as I will not be on Otterbein campus for classes. In the fall I will be reporting from Sydney, Australia where I am going to study abroad from early September until late December. Then in the winter and spring I will be down at the Philadelphia Center taking some classes and working my full-blown, 450 hour internship. The Philadelphia Center is a great opportunity for Otterbein students to obtain an internship. I will hopefully either be working for the Philadelphia Eagles, Phillies, or 76ers. I strongly recommend all students in the Sport Management field to, at the very least, check out what the Philadelphia Center offers. I will be able to share personal experiences and advice once I am over there.



## Alumni Panel Discussion



Our annual **Alumni Panel Discussion** was held at Jimmy V's in uptown Westerville on May 25th. Special thanks to alumni **JR Bonham, Courtney Dolphin Siegel, Christian Yount, Ryan Eldridge, Tiffany Orcena, Rachel Massey, Sara Warner and Grant Jamison** for representing our 6 majors. A good time was had by all and current students got a valuable networking opportunity and lot of good advice on becoming a professional.





## Athletic Training

Reported by Olivia Roberts



As the end of the year approaches we all become completely consumed with end of school activities and do not take the time to think about our accomplishments for the year. I would like to encourage you to look back and realize the tremendous impact the HSS department and the athletic training students have made this year. Students have helped with numerous projects within the community including volunteering at the Columbus City Marathon, providing inspiration to middle school students through Live Like a Champion, volunteering for the WARM organization's Chili Open, and donating supplies to the Starfish Nadia Foundation. Athletic training

students have also demonstrated dedication to the profession by attending the OATA Quiz bowl and various GCATS events. They have even supported legislation facing the profession as a whole. This past year has been a great success and proves the dedication and hard work that each and every athletic training student has put forth.

To compliment the beginning of the year, the spring has yet again proven to be extremely busy for the athletic training major. To start the quarter students participated in the ever popular Goodwin Cup between the athletic training programs of Capital University and Otterbein College. Despite a large amount of ambition, dedication, and motivation, the OCATS team fell to Capital. To combat the defeat, shortly after three senior students were notified of passing their Board of Certification exam for athletic training. Congrats Andrea, Tyler, and Corey! Students also made a terrific showing at the annual OATA Student Symposium on May 7<sup>th</sup> and 8<sup>th</sup> where they not only represented Otterbein's athletic training education program, but also were able to listen to several presentations about new issues within the profession. Lastly, to wind up the year, several students volunteered at multiple high schools in the area to aid in pre-participation evaluations where their help was greatly appreciated. In conclusion, this year has proven to be a huge success for the athletic training program, and as the seniors prepare to graduate we wish them all the best of luck!

### Annual Goodwin Cup



## Health & Physical Education

Reported by Kate Weale



This is my last time writing for the HSS newsletter; wow, time flies when you're having fun! As I sat down to write for the last time I wasn't sure what topic to discuss. As I began to reflect I realized I have been fortunate enough to have had great people helping me through my time at Otterbein. I would like to use this time to give advice to students and to thank some people who have helped me along the way.

Students: if you are given an opportunity, take it! You never know when it might lead to a job offering. When you are out doing observations, ask your teachers for their lesson plans! Get involved in your major's club. Our events are fun and are a great way to meet other students with your same interest. Through our student group, our wonderful advisor (Patti Wilson), and our state organization (OAHPERD) you can gain opportunities to travel the country. Congrats to those currently involved as we were awarded a community service award from Otterbein on May 18, 2010 (see below for more information).

I would like to thank the following people for your help along the way: Joan Rocks and Patti Wilson for being my advisors (working with me and with each other!). Annette Boose for always being willing to help me and my fellow classmates. The Certified Athletic Training Staff (Courtney, Brenda, Shelley, Joe, Joan, and Chuck) for believing in me and pushing me to be the best I can. Another thank you goes to Brandon Koons for seeing potential in me, both on and off the field, and not giving up on me! And lastly my fellow classmates who have always been there for me!

Congrats to the fellow seniors who will be graduating along side me this year and for the underclassmen here is one last piece of advice... "Don't bunt. Aim out of the ballpark." –David Ogilvy

Congratulations to the Otterbein College Health and Physical Education Club for being recognized for their Outstanding Contributions to Community Service at the Cardinal Leadership Awards on May 19th. Pictured is club President Kate Weale with the award.



## Traq 3 D Childhood Obesity Study

Reported by Dr. Melissa Thomas

Training was recently held for the Traq3D Childhood Obesity Study, which aims to explore the effectiveness of a The Traq3D physical activity program on motivation when compared to a traditional indoor fitness program. The Traq3D program consists of a high-intensity exer-gaming experience that places the user center stage in a video that incorporates interval exercise with traditional core building exercises. This pilot study hopes to enroll 32 African-American students from inner-city churches and will be led by former NFL player William White and Olympic Gold Medalist Butch Reynolds. Pictured is the team including current students and faculty from the HSS department.



Congratulations to HLED/PHED major Jocelyn Hennon for being inducted into Kappa Delta Pi Chi Eta. She is our first major to be accepted in this national honorary. Jocelyn is pictured here with her grandmothers.



Annual Health Fair—  
Get Your Feathers Fit

## Allied Health

Reported by Sarah Warner



The end of the quarter! The time has come to think ahead to what the summer beholds. For some, it may be a summer job such as babysitting or lifeguarding. For others, the hot months consist of slaving over summer classes or waiting and preparing for graduate school in the fall. Whatever ideas you have, it is time to kick them into gear for not much time awaits.

Applying for summer jobs and graduate school can be a tedious and overwhelming experience. Applicants are typically asked about previous jobs held, the dates you held these positions, your responsibilities and your average wage. They may also ask you the types of leadership and volunteer roles that you have been involved with. It is not always easy having this information at the tips of your fingertips. This is a time when a resume comes in handy. Some of your internships or other coursework may require you to write a resume to hand to employers and schools. Resume's are extremely helpful and hold important information you can whip out when filling out applications and can also just attach to forms that save time. Your resume should portray your important characteristics and what you have to offer to the position. It should make an impact and have skills that are memorable. I recommend creating a resume during the end of sophomore year and have it ready to hand out the beginning of your junior year. Many key elements are added throughout this period due to becoming more engaged and active in your major but beginning early will give you a baseline to start. And beware...begin graduate applications the summer of your junior year! Show your desire and anticipation by applying early and possibly receiving early acceptance. It will take a weight off of your shoulders while you watch others hurrying to finish applying before the deadlines.

I wish everyone good luck with the rest of your schooling! And remember...start early!

